

En Papillote



*Chicken, shrimp, or
fish with vegetables
steamed in
parchment pouch*

INGREDIENTS:

- FRESH VEGETABLES: CARROTS, POTATOES, ONIONS, SQUASH, ZUCCHINI, MUSHROOMS, TOMATOES
- SLICED CHICKEN, SHRIMP, SALMON, FLOUNDER, ROUGHY, ETC.
- CHICKEN STOCK, VEGETABLE STOCK, WHITE WINE, or WATER – 1.5oz
- OLIVE OIL or BUTTER
- SALT, PEPPER, GARLIC POWDER or GRANULATED, FRESH HERBS – DILL, THYME, ROSEMARY
- PARCHMENT PAPER or ALUMINUM FOIL

PLACE PROTEIN ON PARCHMENT PAPER OR ALUMINUM FOIL

ADD FRESH HERBS, VEGETABLE, OIL OR BUTTER, LIQUID STOCK OR WINE, SPICES

FOLD PAPER IN HALF AND START PINCHING/ROLLING THE EDGES TOGETHER FORMING A POUCH. PLACE ON OVEN TRAY.

COOK IN 350' PREHEATED OVEN FOR 12 MINUTES > CAREFUL WHEN OPENING – STEAM WILL ESCAPE.

ENJOY!!